

# EMOTIONAL REGULATION SKILLS

## PHYSICAL GROUNDING

- The 5-4-3-2-1 Sensory Technique
- Box Breathing (4s In, 4s Hold, 4s Out, 4s Hold)
- Progressive Muscle Relaxation
- Splash cold water on face or wrists
- Placing feet flat on the floor

## COGNITIVE REFRAMING

- Label the emotion without judgment
- Identify "Thinking Traps" or distortions
- Challenge the "All-or-Nothing" mindset
- Focus on what is within your control
- Practice self-compassion affirmations

## IMMEDIATE DISTRACTION

- Counting backward from 100 by 7s
- Describing an object in extreme detail
- Listening to a specific calming song
- Short, intense physical movement
- Holding an ice cube

## LONG-TERM MAINTENANCE

- Maintaining a consistent sleep schedule
- Daily journaling for emotional release
- Setting healthy interpersonal boundaries
- Scheduled mindfulness or meditation
- Regular physical activity

Self-Regulation Tool | Focus & Breathe & Respond